



# Invest in Yourself!

*EULA J. NEWMAN, Extension Specialist in Home Management*

*C. H. BATES, Extension Specialist in Farm Management*

*The A&M College of Texas*



**S**TUDY TO UNDERSTAND yourself so that you can invest time, energy and money in ways profitable for you. Every person is worth a great deal more than dollars and cents. Some people overestimate their own worth to themselves and others, and some people

underestimate their own value. Either way leads to unhappiness.

One who feels superior to his fellows has few friends and must strain to live up to the false picture of himself. Would he get along better by realizing that he might not reach perfection? The strain will be gone if he works to improve within the limits of what he can achieve.

## Self-respect

One who feels inferior lacks the courage to respect and appreciate himself. Without self-respect, one may fail to try. Everyone is "good for something." By studying himself and trying out different jobs, tasks or athletics, a young person can discover talents, interests and abilities. He will see himself in a new light. If he applies himself and is helpful and considerate of others, they will recognize and appreciate his efforts. People everywhere need the action, enthusiasm and vitality of young people. The world welcomes young men and women

who are willing to work for the welfare of all.

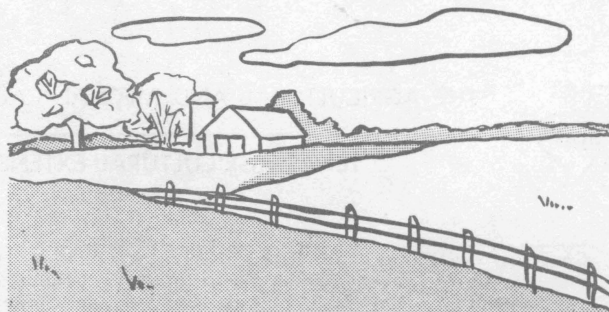
## Preparation

Young people are needed to build houses, tools, equipment, highways and a desirable society. They are needed to produce food and feed, to create beauty for everyday living, to find new ways for natural forces to serve rather than destroy mankind. They are needed in every profession--law, medicine, religion and education.

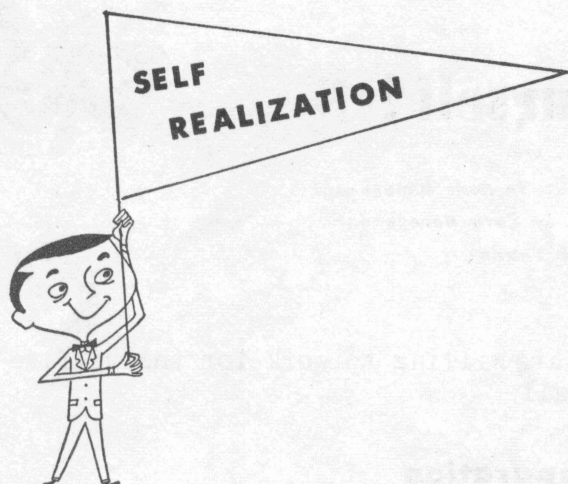
Someone said, "We live in the present, dream of the future and learn eternal truths from the past." Prepare yourself for the future by making the most of your opportunities today. Investing in yourself is profitable for you, your family, your neighborhood, your country and the world.

## Ambition

What do you want to get out of life? Is it money, health, globe-trotting, colorful career, helping the world or a combination of several things? Whatever you decide, you will



and persistence are often rewarded with success.



have to make a big investment in yourself to achieve your goals. Most of us want something extra, too. Your investment, your time, energy and money will be determined by your values and goals --by what you really want to get out of life.

Some young men and women want to be:

*1. The all-round person*

This type of person wants to know something about everything and to develop many skills. Different activities in school, church, clubs and outside work help him to understand better and "find" himself.

*2. The specialist*

He wants to do one or two things above everything else and develop a few qualities to a high degree of perfection. He uses opportunities to advance these chosen interests, for diligence

## Self-improvement

Successful people plan their lives in the light of their goals and purposes. They lay out a suitable course for themselves, create and take advantage of opportunities to persist in that direction.

Steps toward self-improvement:

*1. Self-discovery* - Know and accept yourself; don't try to be someone else. Develop your own special abilities. Recognize your limitations and cultivate your strengths. Develop the talents you have instead of striving for the impossible.

*2. Productive effort* - Find opportunities. Go after those things that give you the highest sense of accomplishment.

*3. Persistence* - Keep "plugging" but stay flexible while carrying out your well-laid plans.

Parents, teachers, counselors and club leaders will help you to discover what you can do, and encourage you to "go ahead on your own steam."

Goals and purposes change as you grow older. Sometimes your first choice may not have been the best for you. but you have to try it to find out. Analyze your work and how you feel about it, and study to know yourself when making decisions. Build on your strengths in order to minimize your weaknesses.



THE AGRICULTURAL AND MECHANICAL COLLEGE OF TEXAS

TEXAS AGRICULTURAL EXTENSION SERVICE

College Station, Texas

J. E. Hutchison, Director